

Group Ex Descriptions

Cardio Dance Fusion – Challenge your cardiovascular fitness while learning different styles of dance in this high-energy, multi-level class.

Cycle – 60 minute indoor cycle class simulating outdoor riding with sprinting, intervals, and hill work. Please bring water and a towel.

Cycle-Barre – 30 minutes of high intensity cycle, followed by 30 minutes of ballet-inspired toning and core work.

Functional Strength Training – a high-energy functional fitness class utilizing equipment including barbells, TRX, dumbbells, bodybars, and bodyweight to increase strength.

High Intensity Strength – Integrating both cardiovascular and strength training, this class targets a full-body workout, challenging all fitness levels.

STRONG – Combines high intensity interval training with the science of Synced Music Motivation for a intense, full body workout.

Yoga – Improve balance, flexibility, mobility, and core strength, while learning mental relaxation and stress relief.

Power Yoga - a vigorous, fitness-based approach to vinyasa-style yoga.

Power Yoga takes the athleticism of Ashtanga, including lots of vinyasas, but gives each teacher the flexibility to teach any poses in any order, making every class different, emphasizing strength and flexibility,

Zumba - This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!

Specialty Class Information

Connected Warriors

Trauma-Sensitive Yoga

Free for Service Members, Veterans, and Dependents

www.connectedwarriors.org

Tae Kwon Do

Learn self-defense and Olympic style sparring.

For pricing and more information, contact (760)-763-4070.

Shorin Ryu Karate

Okinawan Martial Arts

PH: (760)-917-6801 Email: tienhtle@msn.com

The fee for these classes is \$60.00 per month

Youth Dance

Early Dance – ages 4-6

Jazz Technique – Beginner, Intermediate

Hip Hop

For more information on levels, visit www.usmcdance.com.

The fee for these classes is \$40.00 per month (1 class per week) /\$70 for unlimited classes.

SEMPER FIT

**June
2018**



June 2018 Group-X Schedule

All Classes are subject to change or cancellation. Group Exercise Coordinator: 760-763-4070 Website: www.mccsCP.com/getfit

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paige Fieldhouse 760-725-6394			0600 Cycle Violetta	0600 Yoga Anna	0600 Cycle Violetta	0600 Power Yoga Anna	1015-1100 Early Dance (ages 4-6) 1100-1200 Hip Hop 1200-1300 Technique (Leaps & Turns)
	0900 Connected Warrior Yoga **Free Class**		1000 Cycle/Barre Angela		1000 Cycle/Barre Angela		
		1130 Cycle Angela	1130 STRONG Diane	1130 Cycle Angela	1130 Functional Strength Training Angela	1130 Yoga Cara K	
		1730 Zumba Cris	1730 Zumba Cara M.	1730 Zumba Cris		1730 Cardio Dance Fusion Cara K	
			1845 Connected Warrior Yoga **Free Class**	1830 Tae Kwon Do	1700-1745 Early Dance (ages 4-6) 1730-1830 Technique (Leaps & Turns) 1830-1930 Hip Hop		
14 Area Fitness Center 760-725-5941			1730 Yoga Kathy		1730 Yoga Christa		
21 Area Fitness Center 760-725-2951							0900 Zumba Cara M.
		1130 Cycle Krista	1130 Power Yoga Anna	1130 Cycle Francis	1130 Power Yoga Anna		1100 Connected Warrior Yoga **Free Class**
		1600 Shorin Ryu Karate (Ages 4+)		1600 Shorin Ryu Karate (Ages 4+)	1830 Cardio Dance Fusion Cara K	1630 Tae Kwon Do	
		1700 Connected Warrior Yoga **Free Class**					
22 Area Fitness Center 760-725-3163		1130 Cycle Del		1130 Cycle Del			
O'Neill Fitness Center 760-725-1366		1130 Yoga Mary		1130 High Intensity Strength Cara K			
31 Area Fitness Center 760-725-2678			1400 Yoga Cyndee *1st Tues of month only	1400 Yoga Cyndee *Except the first Wed of month			
33 Area Fitness Center 760-725-8737			1130 Cycle Estera	1130 Yoga Kathy	1130 Cycle Estera		

There is a fee for all Group-X Classes for authorized patrons (Active Duty is Free).

It is \$3.00 per class / \$27 per 10-class punch card / \$25 per month for unlimited classes.

Specialty class (shaded above) rates vary. Payment is made directly to the instructor. See reverse for more information.